

Name:	
Day:	Monday
Rep Count:	
Body Part(s)	Full Body 1

Step 1	
Warmup	
Exercise	Duration
Bike/Row	5min
Foam Roll/Lacrosse Ball	2-5min
Shoulders/Hips	

Step 2				
Core Training				
Exercise	Sets	Reps	Tempo	Rest
deadbugs	2	10/side	slow	45 sec

Step 3 Resistance Training Program							
% 1 RM	Exercise	Notes	Sets	Reps	Rest	Tempo	Set 1
	Deadlift		3	8	3 min	x	
	A1: Military Press		3	6	-	x	
	A2: BB Banded Hip Thrust		3	10	2 min	x	
	B1: Lat Pulldown		2	15	-	3-0-1-0	
	B2: Rear Foot Elevated Split Squats		2	8/leg	60	3-0-1-0	
	C1: Lateral Raise		3	12	-	3-0-1-0	
	C2: Lateral Band Walk		3	20/side	60	x	

Step 4 Cardiorespiratory Program			
Exercise	Duration	Notes	
ZERO			

Step 5 Cool Down	
Exercise	Duration
foam roll	5min

Step 6 Stretch		
Static Stretching	Sets	Duration
quads		
hip flexors		
front of shoulders		

Name:	
Day:	Wednesday
Rep Count:	
Workout time:	
Body Part(s)	Full Body 2

Step 1	
Warmup	
Exercise	Duration
Row Machine	3 mins
Foam Roll/Lacrosse Ball	2-5min
Shoulders/Hips	

Step 2				
Core Training				
Exercise	Sets	Reps	Tempo	Rest
plank	2	30 sec	x	60

Step 3 Resistance Training Program							
% 1 RM	Exercise	Notes	Sets	Reps	Rest	Tempo	Set 1
	Bench Press		3	10	3 min	x	
	A1: Chin Ups	come to dead hang	3	AMRAP	-	x	
	A2: DB Hip Thrust 1 and 1/4		3	12	2min	x	
	B1: Push Ups		3	10	-	3-0-1-0	
	B2: Romanian Deadlift	feel the hamstrings	3	8	60	3-0-1-0	
	C1: DB Curl	slow	3	15	-	3-0-1-0	
	C2: Cable Tricep Kickback	slow	3	12	60	3-0-1-0	

Step 4 Cardiorespiratory Program			
Exercise	Duration	Notes	

Step 5 Cool Down	
Exercise	Duration

Step 6 Stretch			
Static Stretching	Sets	Duration	

Name:		
	Day:	Friday
	Rep Count:	
Body Part(s)	Full Body 3	

Step 1	
Warmup	
Exercise	Duration
Row Machine	5min
Foam Roll/Lacrosse Ball	2-5min

Step 2				
Core Training				
Exercise	Sets	Reps	Tempo	Rest
Bird Dog	3	10		45

Step 3 Resistance Training Program							
% 1 RM	Exercise	Notes	Sets	Reps	Rest	Tempo	Set 1
	BB Hip Thrust		3	10	3 min	x	
	A1: Landmine Row		3	12	-	3-0-1-0	
	A2: Landmine Squat		3	15	2min	3-0-1-0	
	B1: Incline DB Bench Press		3	10	-	3-0-1-0	
	B2: Eccentric Chin Ups		3	AMRAP	60	6-0-1-0	
	C1: Cable Eccentric Lateral Raise		3	10	-	3-0-1-0	
	C2: Banded Hip Hinge Abduction		3	15	-	x	

Step 4 Cardiorespiratory Program			
Exercise	Duration	Notes	

Step 5 Cool Down	
Exercise	Duration
row	5min

Step 6 Stretch			
Static Stretching	Sets	Duration	
Front of Shoulders			

Name:	
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	Day:	Saturday
	Rep Count:	
	Body Part(s)	REST

Step 1	
Warmup	
Exercise	Duration

Step 2				
Core Training				
Exercise	Sets	Reps	Tempo	Rest

Step 3							
Resistance Training Program							
% 1 RM	Exercise	Notes	Sets	Reps	Rest	Tempo	Weight

Step 4			
Cardiorespiratory Program			
Exercise	Duration	Notes	

Step 5	
Cool Down	
Exercise	Duration

Step 6			
Stretch			
Static Stretching	Sets	Duration	

	Name:	
	Day:	Sunday

Weight		
Set 2	Set 3	Set 4

Weight		
Set 2	Set 3	Set 4

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